

Emmet County

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Community Health Needs Assessment Snapshot

Promote Healthy Behaviors

Problems/Needs:

- **OBESITY:** 81.1% of survey responders reported that obesity is the number one health issue facing Emmet County. According to the County Health Rankings Snapshot 2010 in Emmet County, adult obesity is at 29%, which is slightly higher than the Iowa average of 28%.
- **PREMATURE BIRTHS:** According to the Community Health Status Indicators, Emmet County's premature births < 37 weeks is at 12.8%. 18.2% of mothers in Emmet County receive no care in the first trimester.
- **CANCER:** According to the Community Health Status Indicators, Emmet County has a rate of 63.6 which is significantly higher than the Peer County Range of 31.9 -51.8.
- **RISKY BEHAVIORS:** 72.5 % of Emmet County survey responders reported that texting/cell phone use is the number one risky behavior in Emmet County.

Prevent Injuries

Problems/Needs:

- **FALLS:** Death rate for falls for all ages in Emmet County is 22.6 (Iowa death rate for all ages is 8.5) death rate for falls for over 65 is 118.7 in Emmet County (Iowa death rate for over 65 is 69.5) Hospitalization rate for falls - all ages in Emmet County is 233.2 (Iowa hospitalization rate for falls - all ages is 197.3)

Protect Against Environmental Hazards

Problems/Needs:

- **OUTDOOR AIR QUALITY:** 60.5 % of Emmet County survey responders reported that outdoor air quality (asthma triggers) is the number one environmental health issue.
- **LEAD POISONING:** According to the Iowa Department of Public Health, Bureau of lead poisoning prevention, 63.8% of Emmet County children born in 2008 were lead tested before the age of 6 years. Of these tested, 6% were identified as lead poisoned. The State average was 5.1)

Prevent Epidemics and the Spread of Disease

Problems/Needs:

- **IMMUNIZATION RATE:** According to the IDPH 2009 Immunization Assessment for Emmet County, only 61% of children 24 months of age are fully immunized.

Prepare for, Respond to, and Recover from Public Health Emergencies

Problems/Needs:

- 52.6% of survey responders reported that their families are not prepared for a natural disaster.

Strengthen the Public Health Infrastructure

Problems/Needs:

- **PARENTING SKILLS:** 63.3% of Emmet County survey responders reported that poor parenting skills is the number one social issue in Emmet County.
- **HEALTH AND LONG-TERM DIRECT CARE WORKFORCE:** Iowa needs an additional 10,000 new direct care workers during the period from 2006-2016. The demand for those who provide direct care/supports in home and community based settings is expected to be very high.

Community Health Improvement Plan

Goal	Strategies	Who is responsible?	When? (Timeline)
Decrease obesity by June 30, 2015, by 2% in Emmet County. (Current level: 29% according to the County Health Rankings Snapshot 2010 for Emmet County)	1. Provide community presentations on obesity epidemic and impact on the community. (Higher rates of obesity translate into higher rates of obesity-related disease)	Emmet County Public Health, Avera Holy Family Health	Begin Spring 2011 and continue presentations throughout next 5 years.
	2. Continue and increase participation in Lifestyle Challenge in Emmet County.	Avera Holy Family Health	Winter 2011 and continue annual Lifestyle Challenge Campaign.
	3. Increase the walking trails in Emmet County.	Estherville Chamber of Commerce	
	4. Work with schools on their wellness programs to promote good nutrition and exercise.	Emmet County Public Health Estherville Lincoln Central Schools and Armstrong-Ringsted School Districts	Make initial contact with schools Spring 2011.
	5. Incorporate "Whole-family concept" nutrition education into family home visitation program.	Emmet County Public Health	Fall 2011